

World Sleep Awareness Day

March 13, 2026

#Sleep Well Live Better



Healthy sleep and circadian rhythm are critical to the physical, cognitive, and psychosocial development in children and adolescents. Sleep problems can significantly affect teens' mental and physical well-being. For instance, high blood pressure, obesity, burnout, lower immune system function, and a deterioration of academic performance all can result from chronic fatigue.

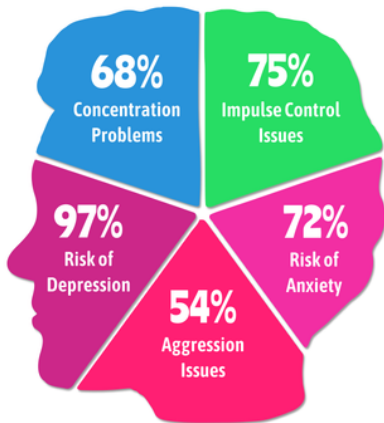
During sleep, children's brains process and store new information, strengthening essential neural connections. This consolidation improves memory, attention, and problem-solving abilities. Adequate sleep ensures cognitive efficiency, while chronic lack of rest disrupts focus and hinders learning. A child deprived of quality sleep may struggle to retain knowledge, adapt, and perform academically.

How much sleep should pre-teen and teenagers get daily?
Ages 6–12 years = 9 to 12 hours per 24 hours
Ages 13–18 years = 8 to 10 hours per 24 hours



Its Official - 58% Of Children Are Not Getting Enough Sleep

These children are at a greater risk of experiencing mental health issues. Even mild sleep deprivation can result in the following increases:



Less sleep correlates with higher levels of depression and in turn, kids with more depression have problems falling or staying asleep. It's a vicious cycle — lack of sleep affects mood, and depression can lead to lack of sleep. And multiple studies have found that severe sleep debt is linked to suicidal ideation. Along with a lack of sleep goes the ability to exercise self-control — over one's emotions, impulses and mood research has found a link between short sleep duration, late bedtimes, and poor overall sleep quality and aggression, impulsivity, and being short-tempered.

Lack of sleep in teenagers is linked to an increased risk of obesity and high blood pressure. Research indicates that teenagers who sleep fewer than 7.7 hours are more likely to have elevated blood pressure and are almost three times more likely to have stage 2 hypertension compared to well-rested peers. The study suggests that sleep deprivation impacts the body's ability to regulate stress hormones and metabolism, leading to increased cardiovascular strain. This could mean that teenagers who don't get enough rest may already be on the path toward heart disease and other chronic health conditions.

Sleep Tips

- Bedtime: aim for 9-10 hours of sleep
 - Room: Dark, quiet, cool, comfy
 - Routine: Relaxing, no screens, same every day
 - Daytime: Exercise, sunlight, no caffeine after midday
- For more help scan the QR code for more sleep tips and/or call your child's pediatrician/medical provider



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